

Inspired Impressions! Ezine

November 2012

Volume 23

As an inspirational speaker, captivating author and successful entrepreneur, Tracy Butz engages individuals and organizations, empowering them with innovative concepts and tools to become architects of their own lives.

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Welcome!

Welcome to Inspired Impressions!

It's an informational monthly Ezine, with each issue designed for you, including:

- Personal insights and inspiration
- Relevant and timely information
- Upcoming opportunities to connect
- Interesting business news to share



Insights & Inspiration



A Truth: One Common Need

Make time today to appreciate the good that is already present in your life. Focus on the milestones you have accomplished, the wonderful aspects of your life, and the treasures you hold precious. Often we get caught up worrying or dwelling on little things that really are not all that significant. Instead, direct your thoughts to what you are grateful for, which will remind you of your priorities and what is important.

I have discovered that feelings of joy and contentment increase when I focus on appreciating the many small good things that occur in my life each day - like eating dinner together as a family, opening a cold can of Diet Mountain Dew Code Red every morning, enjoying a day full of sunshine, sharing a story with a friend, hearing my boys giggling, embracing my husband, watching a new movie, having my dog greet me as I walk through the door, listening to a bird sing, remembering my Mom's smile.

Another exercise that I stumbled upon a year or so ago is quite powerful. In this exercise, you imagine losing some of the things you take for granted, such as your ability to see or hear, your

ability to walk, living in your home, or anything that currently gives you comfort. Then imagine getting each of those things back, one by one, and consider how grateful you would be for each and every one.

Whether it is at work, at home, with your family, or with yourself, what are those aspects that you would never want to do without? I encourage you to set aside time to determine what is most important to you and express gratitude and appreciation for each one. Tell those special people in your life how much you love them. Tell your friend how thankful you are for her support. Tell your neighbor how much you appreciate the help he provided you last week. Never taking them for granted starts with understanding what is most important and clearly and empathetically expressing it.

We as human beings are different in many ways. However, we do all have one need in common: to feel appreciated. What are you appreciative or grateful for? Express it today.

****To all of the men, women and children who have been negatively affected by the devastating hurricane, Sandy--You are in our thoughts and prayers.*

News to Share

MOMENTS OF MOTIVATION - Five Minibuk® Series - [A PERFECT HOLIDAY GIFT IDEA!](#)

Five small books are in a brand new series entitled, "Moments of Motivation." One book has been created for each day of the traditional work week. Everyone can benefit from a moment of motivation! Start every workday by reading a short message from Tracy, designed to provide inspirational insights and ideas. Here are the five titles in the series, packaged together in a clear case:

- ***Moments of Motivation: 52 Methods to Make Mondays Magnificent!***
- ***Moments of Motivation: 52 Tools to Make Tuesdays Terrific!***
- ***Moments of Motivation: 52 Ways to Make Wednesdays Wonderful!***
- ***Moments of Motivation: 52 Tips to Make Thursdays Therapeutic!***
- ***Moments of Motivation: 52 Finds to Make Fridays Fantastic!***

To PRE-ORDER at a DISCOUNTED PRICE:

The set of five books retails for \$29.75. However, the first **50** orders received will earn a **30% discount--costing only \$22.95!** Pre-orders will ship from Appleton, WI on December 4, 2012.

[Click here to purchase the set now!](#)



How can you use this book?

This mini-series makes a perfect gift for a family member, friend, colleague, a high-performing team or even an entire department. You can gift the entire series which comes packaged in a clear case, or after purchasing the series, break it apart for five separate gifts (*books are not sold individually*). Choose the gift of inspiration that will last a full year! This resource includes five books, each with 52 weeks of motivational messages that can be referenced year after year. Give the gift of inspiration...a gift that simply keeps on giving.

- Build personal bonds with customers, prospects, colleagues and employees.
- Develop a long-lasting reminder of your event, milestone or celebration.
- Provide a keepsake that inspires change in behavior and leads to an enhanced life.
- Deliver the ultimate "thank you" gift that remains on coffee tables and in handbags or briefcases forever.

[Click here to purchase the set of five books now!](#)

Insights & Inspiration



Our Greatest Privilege

One common team building activity that I have used dozens of times is to break the participants into teams and ask each group to collaborate and answer 10-12 questions about being a US citizen. It is simply amazing what people know and what they don't know.

Out of 100 questions that are asked on the US citizenship questionnaire, here are six you can test your knowledge with (*the answers are at the bottom of the article*):

1. How many stripes are on the American flag?
2. What is the date of Independence Day?
3. For how long do we elect each Senator?
4. What is the name of the ship that brought the Pilgrims to America?
5. Who has the power to declare war?
6. How many Supreme Court Justices are there?

As you are contemplating the answers to the questions above, one specific question often stumps teams. The one question that teams struggle with is: "What is the most important right granted to US citizens?" Freedom of Speech is usually the answer that is provided, yet, it isn't the correct one. Our greatest privilege as US citizens is the Right to Vote.

Whatever your political affiliation or view, it doesn't much matter. I have strong political views, but I make it a point to never discuss them with clients. What truly matters, is that after you gain insight and understand the various political goals and agendas, I urge you to get out and exercise your right. As with many things in life, we can come to take things for granted and not truly appreciate our gifts. Our Freedom to Vote is a precious privilege that I hope you practice on Tuesday, November 6.

Answers to questions above: 1) 13 2) July 4, 1776 3) 6 years 4) Mayflower 5) Congress 6) 9

Opportunities to Connect

If you want to connect when I'm in your area, just let me know!
Below is a list of upcoming engagements, scheduled in the next several months:

November 9 - "Emotional Intelligence: The Impact of Thoughts & Feelings in the Workplace"

Oshkosh, WI
Private Client

November 14 - "Candid Conversations that Drive Results"

Neenah, WI
Private Client

November 15 - "Embracing the Challenge of Change"

La Crosse, WI
Private Client

November 28 - "Candid Conversations that Drive Results"

Oshkosh, WI
Private Client

November 29 - "Proactive Personal Development"

Oshkosh, WI
Private Client

December 6 - "Engage & Inspire Your Workforce"

Appleton, WI
Wisconsin Association for Colleges and Employers (WI-ACE)
[Click here to view the conference program & register!](#)

December 11 - "Candid Conversations that Drive Results"

Appleton, WI
Private Client

December 13 - "Engage & Inspire Your Workforce"

Oshkosh, WI
Private Client

December 19 - "Conquer the Chaos: Stress Less Inside & Out"

Oshkosh, WI
Private Client

December 20 - "Proactive Personal Development"

Oshkosh, WI
Private Client

December 21 - "Clear, Concise & Confident Communication"

Oshkosh, WI
Private Client

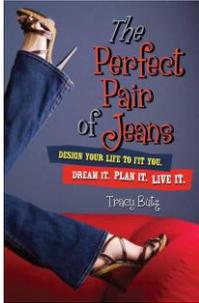


Inspirational Products ~ Perfect gifts or tokens of appreciation!

These inspirational products make perfect gifts or represent a special way to express appreciation to an individual or team. Say 'thank you' or recognize someone today!

To purchase inspirational products - click here!

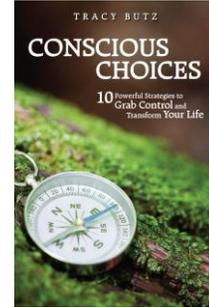
[For a description of these 3 books, click here!](#)



**The Perfect Pair of Jeans:
Design Your Life to Fit You**
\$18.95



**Monday's Motivational
Message**
(52 weeks of inspiration)
\$5.95

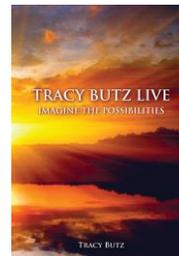


**Conscious Choices:
10 Powerful Strategies
Grab Control & Transform
Your Life**
\$16.95



Inspirational Movie!
\$14.95

[To preview this movie, click here!](#)



Live Keynote - "Imagine the Possibilities"
\$18.95

To shop for or purchase inspirational products, click here!

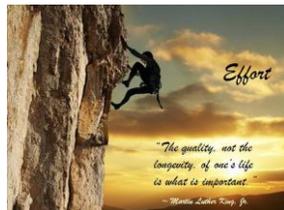
MORE Inspirational Products ~ Perfect gifts or tokens of appreciation!

Inspirational Framed Prints
\$15.95 each

[To see a detailed description of each print, click here!](#)



Hope



Effort



Empowerment

Helping you to create the life you want to live!

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